
Reclamation Releases a Record of Decision for Narrows Dam, Sanpete County, Utah



Wayne Pullan
Released On: January 04, 2013

Reclamation's Provo Area Office announced today the release of the Record of Decision for the Narrows Project Final Environmental Impact Statement.

The Narrows Project is a non-federal dam and reservoir proposed by the Sanpete Water Conservancy District on Gooseberry Creek, a tributary of the Price River in central Utah. Water developed by the dam is intended to benefit irrigators and municipal water users in Sanpete County. In the FEIS Reclamation analyzed two federal actions: 1) approval or denial of a loan application under the Small Reclamation Projects Act; and 2) the licensing of SWCD's use of 304.5 acres of Reclamation withdrawn land for construction of the dam and reservoir.

In the ROD, Reclamation selected one of the federal actions and rejected the other. Reclamation will license the use of the federal land, but will not accept a loan application or fund a Small Reclamation Project Act loan. The license will be subject to a set of specific conditions described in the ROD and in the FEIS.



The ROD and FEIS are available on Reclamation's [website](#). Questions should be directed to Mr. Wayne Pullan at 801-379-1194.

Narrows Project Final Environmental Impact Statement

The Narrows Project, Utah, final environmental impact statement updates information and analyses contained in the Supplemental Draft Environmental Impact Statement, Narrows Project (DES-09- 55) published in March 2010 and the Draft Environmental Impact Statement, Narrows Project (DES-98-10) published in March 1998. The FEIS discloses the direct, indirect, and cumulative effects of the non-Federal Narrows Project as proposed by Sanpete Water Conservancy District. This is an executive summary of the FEIS.

The SWCD has applied to the Bureau of Reclamation for a Small Reclamation Projects Act loan to help finance construction of a private reservoir and related facilities. SWCD also has requested authorization to use federally administered withdrawn lands as the site for dam construction. Most of the reservoir basin would be located on adjacent, privately owned land. The proposed federal action is that Reclamation will: 1) approve or deny the SRPA loan application and 2) determine whether to allow the SWCD to use 304.5 acres of Reclamation withdrawn land. If SWCD obtains its requisite financing, either through the SRPA loan or from other private funding source(s), and if Reclamation approves the land use a supplemental water supply would be developed for presently irrigated lands and municipal and industrial water users in northern Sanpete County.

To develop this supplemental water supply a dam and reservoir would be constructed on Gooseberry Creek, and water would be diverted through an existing tunnel and a proposed pipeline to Cottonwood Creek; the existing tunnel would be rehabilitated. Pipelines would be constructed to deliver the water to existing water distribution systems. Recreation facilities would be developed, and a minimum pool for fish habitat would be provided. The resulting water storage and delivery system would be a non-Federal project owned and operated by SWCD. Mitigation measures would be implemented to offset adverse impacts. Water conservation measures would be implemented independent of the Proposed Action. To be eligible to receive water from the Narrows Project, water users would be required to use, or agree to implement, conservation measures

- [News Release](#) - 01/04/12
- [Record of Decision Transmittal Letter](#) - 01/02/13
- [News Release](#) - 11/05/12
- [Federal Register Notice](#) - 11/05/12

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Aubuchon Selected as UC Engineer of the Year



Albuquerque Area Manager Mike Hamman (left) presents Jonathan Aubuchon with the Upper Colorado Region's Engineer of the Year Award during a ceremony at the Albuquerque Area Office.

By Mary Carlson
Public Affairs Specialist
Albuquerque Area Office

Jonathan Aubuchon of the Albuquerque Area Office is the Engineer of the Year for the Upper Colorado Region. The selection was announced by teleconference by Upper Colorado Regional Director Larry Walkoviak in late December. Aubuchon is now a finalist for the Reclamation Engineer of the Year Award.

Aubuchon, a registered professional engineer, works as a hydraulic engineer with Albuquerque's Technical Services Division. He was nominated for the award by Technical Services Division Manager Joseph Maestas.

In the nomination, Maestas described Aubuchon's skill set and work ethic as "second to none."



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“Recent accomplishments have resulted in permanent business and engineering improvements across the area office,” Maestas wrote. “He epitomizes the values of engineering and is an asset to Reclamation and the entire Federal Government.”

Aubuchon earned his Bachelors in Civil/Environmental Engineering from the University of Michigan (Ann Arbor) in 1995. He earned his Masters in Environmental Engineering at the University of Michigan in 1996.

Aubuchon’s work has been published numerous times in recent years and he is considered a subject matter expert in geomorphology. He has led an area office-wide team that produced an Endangered Species Biological Assessment for river maintenance on the Rio Grande and developed the geomorphology section of the Biological Assessment for the Middle Rio Grande recently submitted to the U.S. Fish and Wildlife Service.

Other accomplishments include leading an area office-wide team that assessed the potential use, application and cost of developing a GIS program and led to the hiring of a GIS specialist to implement the program; designing numerous stream bank protection projects on the Rio Grande and providing construction oversight; and has successfully worked with tribal governments to plan, develop and construct river maintenance projects on tribal lands.

Aubuchon also helps manage specialized, applied research and various contracts. He is very involved in professional and civic activities; and effectively mentors junior engineers in his group. His supervisor, Robert Padilla, is a past recipient of the UC Engineer of the Year.

Aubuchon enjoys spending time with his wife, Genie, and kids: Kaiya, Daniel, and Shiloh. Good luck Jonathan and keep up the good work!!!



UC Engineer of the Year Jonathan Aubuchon makes a field visit to a river site at San Felipe Pueblo

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Thoughts from the Front Office

The new year has arrived. I'm guessing you were tracking the information over the holidays regarding the "fiscal cliff," as was I. So I guess the best way to describe it was we kicked the can down the road a bit—a few things were resolved and some were left for this current Congress to deal with. We will see what happens from here.

But whatever occurs, we currently have a budget, albeit under a continuing resolution. But this still means we have money to continue our work and we should be proceeding toward that end. All systems are go from our perspective and if we get close to budget limitations, we have tasked our FMD shop with letting us know so we can adjust accordingly. So please keep moving forward to accomplish our mission.

With the new year comes new year's resolutions, too. I hope you will all resolve to work as hard and be as dedicated as you were last year. Collectively you did a great job and accomplished a lot. There are still lots more things to be accomplished this year and I know working as the great team you are, you can make great strides.

Thanks, as always, for all you do. Here's to a great 2013!!

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Looking Within for Laboratory Services



Susan Storm of the Alamosa Field Division works in the lab at Alamosa

By Susan Kendrick
Albuquerque Area Office

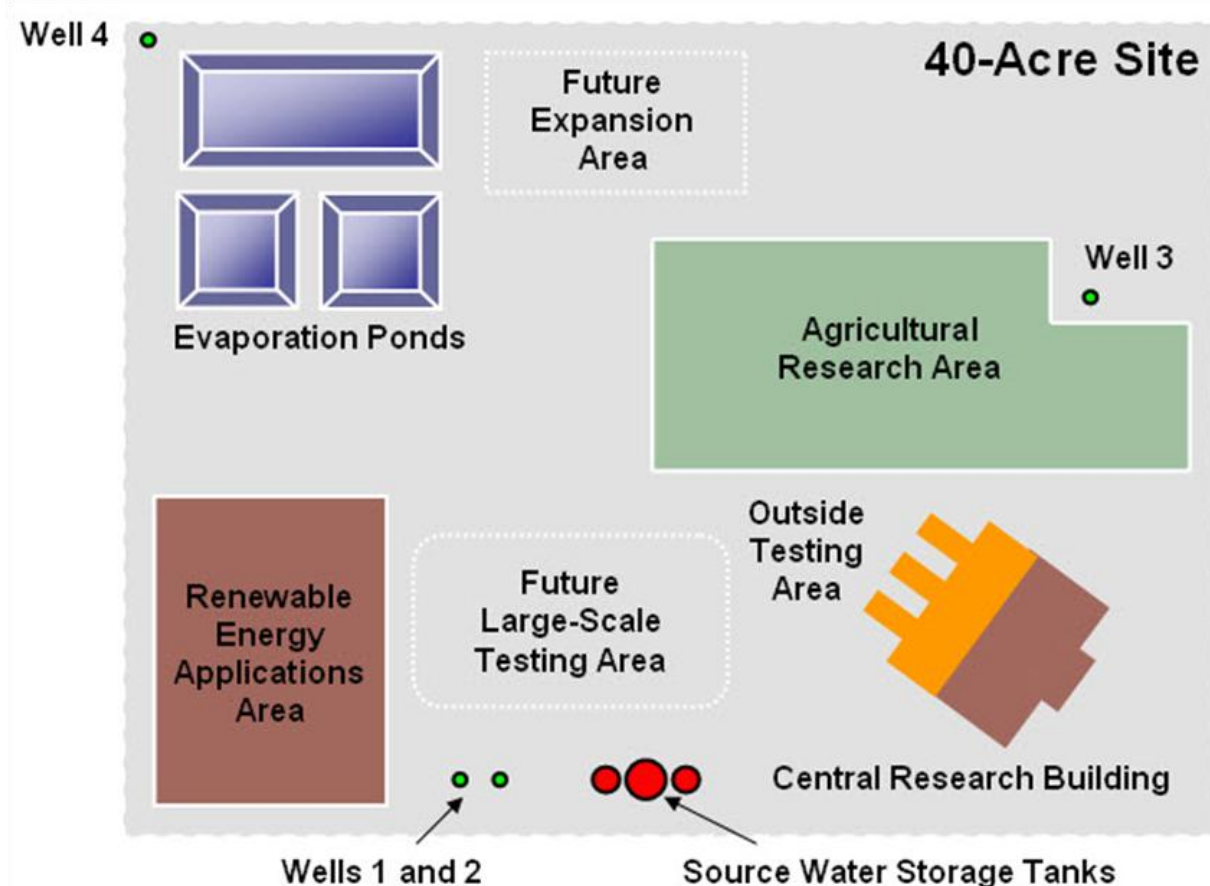
Among the many services the Bureau of Reclamation provides, laboratory services support many aspects of the management, development, and protection of water and related resources. Reclamation-operated laboratories are integral to the work of groups performing engineering



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and scientific analyses, field investigations, and construction management support to help Reclamation fulfill its mission responsibilities.

The UC Region has two regional testing laboratories, one in Provo, UT (concrete and soil testing), and one in Alamosa, CO (water quality, lead paint analysis). The third laboratory is more specialized. The Brackish Groundwater National Desalination Research Facility (BGNDRF) in Alamogordo, New Mexico, focuses its research on brackish groundwater desalination as it relates to small-scale rural water systems, renewable energy integration, concentrate management, oil and gas produced waters, and agricultural uses. Researchers can actually bring their test equipment, supplies, and personnel to BGNDRF to conduct testing and monitoring at the specially equipped site. The BGNDRF provides a unique research facility for Reclamation, university, and private sector researchers involved in desalination with pilot-scale projects and small demonstration projects.



The Brackish Groundwater National Research Facility (BGNDRF) is a federal facility that operates under the United States Department of Interior, Bureau of Reclamation in Alamogordo, NM.

A unique partnership recently formed within the Albuquerque Area Office when BGNDRF needed some of the lab services that are provided at Alamosa. The Alamosa Field Office performs water quality analysis to comply with the legislated requirements of the 1939 Rio Grande Compact. The laboratory also analyzes Project water and “fouling materials” for metals and microbiological communities in support of infrastructure maintenance activities and



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operational decision processes. The laboratory executes water quality analyses for inorganic, elemental and microbiological parameters. The laboratory also analyses algae, sediments, and “biofouling materials” to support biofouling mitigation elimination endeavors. Susan Storm, Chemist at the Alamosa Field Office told UC Today, “The Alamosa laboratory is presently in the process of exploring requirements for a certified laboratory.”

Those services were exactly what Randy Shaw, Facility Manager at BGNDRF recently needed. “The Alamosa laboratory is able to respond quickly and perform sophisticated water testing at a minimal cost. This is very helpful when certified laboratory results are not required,” Shaw said. “We are presently using their services to advise a potential client concerning research and development of his microbe technology for desalting water.”

Whatever the outcome of the preliminary microbe-based desalination water testing and the many other services these laboratories provide, the Bureau of Reclamation research laboratories, their chemists and technicians, continue to identify opportunities to improve Reclamation’s use of internal laboratory services.



Researcher working at the Brackish Groundwater National Desalination Research Facility (BGNDRF) in Alamogordo, NM

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It's That Time of Year Again..."Performance Appraisals and Plans"

By Dale M. Winterton
Classification Specialist
Upper Colorado Region

Recently, a Performance Management Memorandum was sent to all managers and supervisors reminding them of the opportunity to meet with their employees and closeout 2012 performance appraisals as well as communicate to employees their performance plans for 2013. We encourage all managers and supervisors to read the Memorandum thoroughly and to call the appropriate human resources specialist if you have any questions.

Of particular note for 2013 are the revised Performance Appraisal Plan forms for supervisors (DI-3100S) and employees (DI-3100), both dated September 2012. Part A-4 on both forms now requires formal documentation that an Individual Development Plan (IDP) was created. Please continue to use the IDP form developed by our Training Office.

The revised forms dated September 2012 also need to reflect the Government Performance and Results Act (GPRA) mission strategic goals that were on your previous forms. We recommend that you simply transfer these goals to the revised forms dated September 2012. As part of the communication process of the Performance Appraisal Plan for 2013, supervisors and managers are strongly encouraged to discuss with their respective employees how their individual work contribution relates to the organization's mission. Informed employees generally take ownership of their work and will usually be more productive.

You may also contact your assigned classification specialist for additional information.

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Rewind Project at Upper and Lower Molina Power Plants

October 1, 2012 – March 8, 2013



New windings under construction at the Bilbao factory in Spain

By Laurie Jones and Scott Henslee
Curecanti Field Division

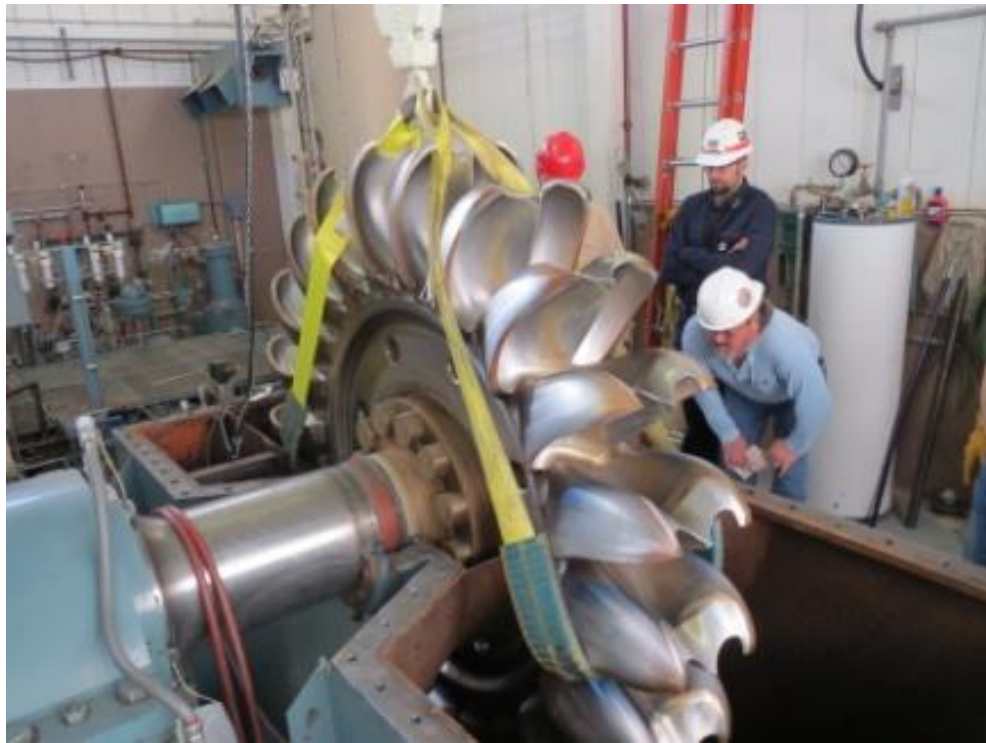
The original Molina generators were installed in 1961. The Molina Power Plants generate power and provide irrigation water to the Plateau Valley. Upper Molina is fed by the reservoirs located on Grand Mesa and Lower Molina receives its water from the Molina Equalizing Reservoir. The generators for the Upper and Lower Molina Power Plants are horizontal-shaft, water-wheel-driven, alternating current, and synchronous type. The generator at the Upper Molina Power Plant is currently rated at 9,600 kva and the lower unit is rated at 5,400 kva.

Alstom, the contractor for the rewinds will design, fabricate, supply the stators, re-insulate the poles, disassemble and reassemble the units. The stators were assembled in the Bilbao factory in Spain. Eric Eastment, from TSC, visited the factory in June 2012 during assembly. While



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Eric was at the Bilbao facility he had several discussions with the head of Design Engineering regarding the design process and insulation design of the Molina stators. Alstom produced partial test results on both generators for Eric's review during his visit.



Preparing to remove the runner at Upper and Lower Molina, using the overhead hoist

One of the greatest concerns for the rewind project was how to remove the existing stators and install new ones without dismantling the building walls and roof to facilitate use of a portable crane. Alstom received proposals from several crane and rigging outfits throughout the U.S. and chose to go with a local Grand Junction contractor. When they showed up with a large custom tow truck to do the job we had doubts about their ability to maneuver within the tight spaces but they truly do know how to pick heavy loads in tight spaces. There was less than $\frac{1}{2}$ inch clearance between the rotor shaft, stator and maintenance pit walls for them to maneuver through but with several spotters and a terrific hoist operator all went well and on schedule.

After completion of the rewind the new units will have the following uprated capabilities. The generator at the Upper Molina Power Plant will be rated at 11,040 kva and the lower unit will be rated at 6,200 kva. Improved cooling air filtration will also be installed to reduce the stator core air path fouling primarily caused from insect intrusion during the warmer months.

Photos below



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Pole pieces that have already been removed. They will be sent off site to be cleaned and refurbished



Removing the pole pieces from the rotor for refurbishment





Preparing to remove the old stator at Lower Molina with the assistance from Girardi's Trucking, Grand Junction



The truck used, for lifting the stators, was a Kenworth C500 with a Century 75 Ton Rotator, Girardi's Trucking



Transporting the new stator to Upper Molina, December 2012.



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Easy does it with the close tolerance



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And the stator is free of the shaft



The Alstom crew unpacked the new stator at Lower Molina.



The crew moved the new stator into the plant



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Going slow to ease the stator into place, December 2012



New stator placement, December 2012.

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FBMS Status Update

December 2012

Reclamation has continued to progress toward FBMS conversion, slated to “go live” with Deployment 8 (D8) on November 4, 2013. There has been and will continue to be much work within the UC region to prepare for this conversion. Reclamation’s FBMS Project Management Team (PMT) has a very useful intranet site that provides updates and helpful resources regarding the FBMS conversion process- check it out [here](#).

We are currently in the realization phase which is the longest of the FBMS phases and will continue through August 2013. In this phase, we will complete data cleansing activities, role mapping, training preparation, and participate in testing. Update highlights include:

- The cut-off for obligations in FY13 will be September 21, 2013.
- The PMT will release the blackout plan by the end of December. Blackout is the time period when data will be converted and both FFS and FBMS are not available for use. Blackout is scheduled from October 1- November 4, 2013. Regions will be given 3 weeks to review the plan and respond with comments before it is finalized. The plan is a comprehensive document detailing what will/won’t happen during blackout.
- Role mapping is the process where all users of FBMS will be assigned certain roles based upon their function in FBMS. UC recently participated in the role mapping orientation. A role mapping team will be assigned for our region and our first role mapping submission is due in early March and submissions will be refined until the final submission in August.
- Testing will be conducted July through September and each region will have representatives participate. Those that are selected for testing will be considered the super users and will process all the transactions in the catch up phase after blackout.
- The Department will release the training schedule October 1, 2013 and training will begin mid October and run through January. Training will be held in each regional office and the role assigned to each user will determine the classes that are required before access can be granted in FBMS.

If you have any questions regarding FBMS, feel free to contact Shara Hillier, FBMS Regional Coordinator at shillier@usbr.gov or (801) 524-3660.

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BUREAU OF RECLAMATION

Upper Colorado Regional Office
125 South State Street, Room 6107
Salt Lake City, Utah 84138-1102

IN REPLY REFER TO:

UC-521
PER-5.20

DEC 21, 2012

VIA ELECTRONIC MAIL ONLY

MEMORANDUM

To: All Upper Colorado (UC) Region Employees

From: Larry Walkoviak /s/ Anamarie Gold (FOR)
Regional Director

Subject: Selection of Aspiring Leaders for 2013

The UC Leadership Team (UCLT) has developed a regional leadership program to develop future leaders and improve the leadership skills of our current leader's skills in four identified regional demographics: (1) all employees; (2) Aspiring Leaders; (3) probationary (first-year) supervisors; and (4) current supervisors.

The Aspiring Leaders module of the program aims at developing future leaders by providing a 6-day, 2-session, course for selected employees to develop and/or sharpen their leadership skills through formal and informal training, details/shadowing assignments, and other continuous learning activities. The Aspiring Leaders module targets employees who are currently in GS-7 through GS-13 or equivalent positions and Bargaining Board employees, who possess leadership potential and are interested in developing that potential.

On November 7, 2012, the UC Regional Learning Office issued an announcement soliciting interested applicants for the first Aspiring Leader's module. I am very pleased to announce that we received 45 applications from offices throughout the region, representing a broad range of occupations. I applaud their willingness to step forward and take on this challenge. Therefore, it is my pleasure to announce the 2013 UC Region Aspiring Leaders class (attachment).

During 2013, these individuals will be exploring their leadership competencies and styles by establishing Individual Development Plans, becoming engaged in both formal and informal classroom/learning experiences, and participating in a specific leadership focused detail/project/shadowing assignment.

I speak for the entire UCLT in saying congratulations to these deserving employees and potential future leaders, and I look forward to other interested employees participating in this program in the future. Those who applied for this course and were not accepted will be given priority consideration for the next course. If you have questions or concerns, please contact Training Officer, Mr. Dick Jorgensen at 801-524-3678 or rjorgenson@usbr.gov.

UC Region's Aspiring Leaders for 2013

UC Regional Office

Acquisitions Management Division

Marcie Bainson
Heidi Hansen

Regional Director's Office

Levi Hutchinson

Human Resources Division

Randi Bevan
Gena Brown
William Phillips
Barbara Turner

Resources Management Division

Dalia Hernandez
Heather Hermansen
Kelli Triplett

Information Resources Division

Letesia Reid

Area Offices

Albuquerque Area Office

Jimmy Blackburn
Mary Carlson
Peter Sheridan

Provo Area Office

Bart Leeftang
Ryan Luke
Benjamin Radcliffe
Justin Record

Four Corners Construction Office

Bart Deming
Stephan McDougal

Western Colorado Area Office

Terence Stroh
Rutheyi Thompson

Power Office

Matthew Jackson
Darby McNutt
Martin Noll
Paul Scannell

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YOUR Safety Advisory Committee

As a new Safety Advisory Committee gets ready to begin their work, and, lead us to even greater safety awareness, we (as the outgoing members of **YOUR Safety Advisory Committee**, thought we would give you a general “state of safety” in the UC Regional Office.

In the past 4 years, we have facilitated over 48 safety presentations in the RD’s Big Staff Meeting, and, when generated to management organizations, staff meetings, brown bags, etc., have given and/or assisted in literally hundreds of safety presentations.

These safety presentations have been very outstanding, because, not only have they been given by members of **YOUR Safety Advisory Committee**, but, they have also been given by various staff members in each management division. Some of the presentations have been through the use of DVD’s, bringing in various professionals from different areas of interest, using our outstanding health care providers, while others have prepared videos, used personal examples, given us a view of tragedy from family happenings, and other experiences, all to help us to be more safe and efficient, so that we can avoid pitfalls.

Another useful tool that has about a 90% readership rate, is the Daily Constitutional. During the time period noted above, members of **YOUR Safety Advisory Committee** have posted well over 200 copies of this publication on the walls of various divisions. We know that this publication has been successful because of some of the comments the editorial staff have received. The comments while on the surface are very funny, are also great examples of the thought that this publication has caused, and, the effort that employees have put into their response. By way of example, there have been calculations sent in regarding the trajectory, velocity, etc. of bullets fired from various caliber guns, and how far they will really shoot, and, be deadly. There have been similar calculations submitted for golf balls that may hit a person, house or passing car.

Another of the outstanding successes of YOUR safety program in the region has been that after receiving training, and, at random, employees have taken the opportunity to use and train others in their division on the use of the evacuation chairs that have been provided, in case they really need to be used for an emergency. There have also been other acts of safety mentoring that have taken place.

Most recently, there was a medical situation, and, as part of the response to the individual we found that you can NOT dial 911 from inside this building, either on the phone or cell phone. This information was shared with others so that in case of emergency response in the future, no time will be wasted.



Last but not least, all of us as employees in the UC Region express a special thank you to our outstanding management team, for allowing us to spread safety, work on safety issues, and, to even give out safety awards at the end of a safe year. While we don't know if the financial awards will continue, we do know that, "our management cares"!!! Also, because of this attention to safety, we have not had any serious safety incidents within the UC Regional Office, and, as a real reward, we each have the opportunity to return to our family each night, after having the opportunity to work in a safe and efficient environment here in the office.

Each of us are truly blessed!

As YOUR outgoing Safety Advisory Committee, we express our thankfulness to each of you for your participation and safe & efficient work ethic. We wholeheartedly support the new members of **YOUR Safety Advisory Committee**, and pledge our continued participation and support as they lead us to new and greater heights.

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Common Responses to Traumatic Events

The recent school shooting has affected the lives of many people – those directly impacted and even those indirectly impacted. Although responses to the event may differ, most people will experience some common reactions. These signs and symptoms may begin immediately or you may feel fine for days or even weeks and then suddenly be hit with a reaction. Although it may seem strange, it is very normal for people to experience emotional “aftershocks” following a traumatic event. Some common responses are:

Physical Reactions

- Insomnia
- Fatigue, hyperactivity or “nervous energy”
- Pain in the neck or back
- Headaches
- Heart palpitations or pains in the chest
- Dizzy spells
- Appetite changes

Emotional Reactions

- Flashbacks or “reliving” the event
- Excessive jumpiness or tendency to be startled
- Irritability
- Anger
- Feelings of anxiety or helplessness
- Feeling vulnerable

Usually, the signs and symptoms of trauma will lessen with time. If you are concerned about your reaction, note the specific symptoms that worry you. For each symptom, note the:

- Duration—Normally, trauma reactions will grow less intense and disappear within a few weeks.
- Intensity—If the reaction interferes with your ability to carry on your life normally, you may want to seek help.

Tips for Coping After a Traumatic Event

As you are experiencing various emotions resulting from a traumatic event, below are suggestions that may help:

- Physical exercise along with relaxation may help relieve the physical stress.
- Talk to people; talk is the most healing medicine.
- Spend time with others. Resist the tendency to isolate.
- Give yourself permission to feel rotten and share your feelings with others.
- Keep a journal; write your way through sleepless times.
- Get plenty of rest and eat regular meals, even if you don’t feel like it.
- Recurring thoughts, dreams or flashbacks are normal. They will decrease over time and become less painful.

Resources Are Available

Additional information, self-help tools and other resources are available online at www.foh4You.com. Or call us for more information, help and support. Counselors are available 24 hours a day, seven days a week to provide confidential assistance at no cost to you.



Employee Assistance Program

We care, just call.

1-800-222-0364

1-888-262-7848 TTY Users

www.FOH4YOU.com

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This information is not intended to serve as medical advice. If you experience physical symptoms which cause you concern, please consult your physician. © 2001 Magellan Health.

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RECLAMATION

Managing Water in the West

January 2013
Upper Colorado Region



UC Today




Bison Connect Tip of the Week

By Sarah Casale
IT Specialist
Upper Colorado Region

Tip for the week of January 7, 2013:

Turn off conversation view! Conversation view groups your emails by subject. This can make it quite difficult to find, forward, print, and/or delete just one email. By default, conversation view is on; we strongly recommend turning it off. To do this:

1. Click the gear icon on the top right of your mail 
2. Click "Settings"
3. Scroll down to "Conversation View" and click the radio button next to "Conversation view off"

Conversation View:

(sets whether emails of the same topic are grouped together)

☐ Conversation view on

☒ Conversation view off

Additional Bison Connect resources are available through DOI.

For FAQs visit: <https://sites.google.com/a/doi.gov/bisonconnect-resource-site/training>

For How To's visit: <http://howto.doi.net/>

You may also contact the Help Desk at 801-524-3784 if you have any questions.

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DR. KING'S 'I HAVE A DREAM SPEECH' TURNS 50 IN 2013; OBAMA INAUGURATION ON MLK DAY



By Ellen Freudenheim, Huffington Post

Yet on Monday, January 21, 2013, which is Martin Luther King Day, we will see the second term inauguration of America's first-ever black president. Talk about historical synergy.

Toward the end of this speech, Dr. King envisioned an improbable goal, "to transform the jangling discords of our nation into a beautiful symphony of brotherhood."

Now, that's what I call a New Year's resolution.

2013: A Year of Landmark Civil Rights Anniversaries

In fact, this year there are several important civil rights anniversaries. 2013 marks, among others:



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- the 150th anniversary of the Emancipation Proclamation (1863).
- 150th anniversary of the placement of the Statue of Freedom atop the Capitol Dome (1863).
- 50th anniversary of the "I Have a Dream" speech (1963).
- 50th anniversary of the murder of NAACP leader Medgar Evers and riots in Birmingham after the murder of four girls at the Sixteenth Street Baptist Church (1963).
- the inauguration of the first black American president to his second term (2013).

And, as a reminder of the sometimes-terrible costs of change, 2013 is also the 50th anniversary of the assassination of another young president, JFK.

More Than Just History, the "I Have a Dream" Speech Still Resonates

Progressives may be less than thrilled with various policy compromises made by this administration. But the historicity of Obama's second inauguration cannot be denied. Juxtaposed with Dr. King's speech, Obama's presidency proves that in a democracy, progress can be made -- albeit aching slowly, at great cost and, in the end, with greatly imperfect outcomes.

As we head into January policy battles -- over the unfinished business of the fiscal cliff, over legislation to be introduced by Sen. Feinstein on gun control and assault weapons, and other issues -- the narrative of Dr. King's too-short life is a reminder that when redressing a power imbalance, progress is not given; it must be won.

Standing in Washington, D.C. and addressing the largest civil rights demonstration this nation had ever seen, Dr. King said in his famous 1963 speech:

"In a sense we have come to our nation's capital to cash a check. When the architects of our republic wrote the magnificent words of the Constitution and the Declaration of Independence, they were signing a promissory note to which every American was to fall heir. This note was a promise that all men would be guaranteed the inalienable rights of life, liberty, and the pursuit of happiness.

It is obvious today that America has defaulted on this promissory note insofar as her citizens of color are concerned. Instead of honoring this sacred obligation, America has given the Negro people a bad check which has come back marked "insufficient funds." But we refuse to believe that the bank of justice is bankrupt."

For Americans old enough to recall the civil rights era -- millions of baby boomers over age 50 or so -- this speech represents one of the iconic struggles of our nation in the second half of the 20th century. Among those watching President Obama forge a path in his second term are many who can personally bear witness to Dr. King's stature. For instance, Dr. King's friend and supporter Harry Belafonte, the singer-activist, will give a keynote address at this year's Brooklyn Academy of Music's 27th annual Tribute to Dr. Martin Luther King, Jr., the largest such event in New York City.



2013 New Year's Resolution, Not About the Personal but About the Political

As a soundbite, the title of the "I Have a Dream" speech has passed into the vernacular of American language. We understand the shorthand of the title; it's a call to our better selves, for the dissolution of injustice.

But how many know that Dr. King, with a phraseology reminiscent of the biblical prophets, also said, "This is no time to engage in the luxury of cooling off or to take the tranquilizing drug of gradualism?" Or, "There are those who are asking the devotees of civil rights, 'When will you be satisfied?'"

With a president who sometimes seems to need a caffeine jolt to his inner radical, the "I Have a Dream Speech" speech reads like an activists' wake up alarm. Tens of thousands of grassroots activists worked hard to win this president's reelection. With Obama's inauguration in a few weeks, can we revitalize the profound calling in Kings' speech to really tackle the struggles we face today -- a polarized Congress, a Tea Party-infused Republican right, high unemployment, a regressive attack on women's rights to our own bodies, a decades-long epidemic of gun violence in our inner cities, a fragmented healthcare system? In the second term of our first black presidency, can we not just honor Dr. King's words as history, but infect ourselves with his passion for creating the change we believe in?

Along with losing weight and exercising more, make a political New Year's resolution this year. But first, for inspiration and vision, read Dr. King's speech.

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Sharing Our Diversity by Sharing Your Recipes

From the kitchen of **Edica Lopez – Collard Greens**



Ingredients:

- 1 large bunch of Collard Greens
- 2 Ham hocks
- 1 tsp Salt
- 1 tsp Pepper
- 1 tsp Hot Sauce (optional)
- 3 qt. Water
- 1 tsp. Butter

Step1:

Clean the collard greens by placing them in a sink full of cold water let them sit for 2-3 minutes and repeat at least 5 times to get all the dirt off of them.

Step2:

Cut out the big, tough, woody stems off individually and that will leave you just the leafy part of the collard green. Next, cut the leaves as desired bite size pieces.

Step3:

In a large pot combine and bring to a boil water, butter, ham hocks, salt, pepper, and hot sauce then reduce heat and let it simmer for an hour then add the collard greens and let it cook for an additional hour until the greens are tender.

Enjoy!

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Reclamation Trivia

Here's this week's set of questions:

1. **From Vol 4 Issue 23** – What act would authorize Reclamation to plan, design, and construct the Pojoaque Basin Regional Water System?
2. **From Vol 4 Issue 24** – Ken Beck was asked what was the most memorable thing about his career was. What did he say?
3. _____ of the Albuquerque Area Office is the Engineer of the Year for the Upper Colorado Region.

Last week, We asked,

1. Secretary of the Interior Ken Salazar visited the former Price's Dairy or Valley Gold Farms site located just south of Albuquerque on September 27, 2012 to announce that the Bureau of Reclamation, U.S. Fish and Wildlife Service, Bernalillo County, the Trust for Public Land and the Albuquerque Metropolitan Area Flood Control Authority had closed on the purchase of 390 acres of farm land and about 250 acre-feet of senior water rights. **True** or False
2. **From Vol 4 Issue 23** - Who is your number 52? J-Mac – **A Hoop Dream**
3. Secretary of the Interior Ken Salazar today (11/20/12) joined U.S. and Mexico delegations in San Diego, California, at an official signing ceremony of **Minute 319** to the 1944 Treaty with Mexico – an historic binational agreement to guide future management of the Colorado River through 2017.

Last winner was – **Megan McConnell – Glen Canyon Field Division**

Please use this [link to send your answers](#). To be fair we will draw names from the winners and one person will receive a prize. We will reach into the prize bin for something suitable for the winner...as long as supplies last.

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RECLAMATION

Managing Water in the West

January 2013
Upper Colorado Region



What Is the Media Saying About Reclamation This Week?

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[Thinking about water](#)

[Here's an Interesting Idea: Let's Flood the Grand Canyon](#)

[American Rivers | Glimpses of the Colorado River](#)

[Officials call Glen Canyon Dam's water release a success](#)

[Will the Bureau's Colorado River study live up to the hype?Colorado Business Magazine | Weisner Media | Denver News | ColoradoBIZ Magazine](#)

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